PORTRAIT OF A LEARNER

BEING A PERSONAL CHAMPION MATTERS FOR FUTURE SUCCESS

Being a Personal Champion is vital because it equips students with the inner strength and tools they need to succeed in life. This competency helps them:

• Navigate challenges: Students learn to persevere through difficulties and recover quickly from setbacks.

• Make smart choices: They develop the ability to manage their emotions and use this self-awareness to make responsible decisions.

• Achieve their goals: Children learn to set goals, plan actions, and use resources to reach what they aim for, whether in academics or personal life.

• Grow continuously: They learn to understand their own strengths and areas for improvement, and how to actively seek and use feedback to get better.

Ultimately, these skills foster a mindset of resilience and continuous growth, preparing students to be adaptable and effective individuals who can thrive and contribute positively to society

A **PERSONAL CHAMPION...**

- Creates goals, identifies necessary actions, and utilizes resources to reach them
- Demonstrates skills to manage emotions to make responsible decisions and successful choices
- Perseveres through challenges to complete a task and recovers quickly from setbacks
- Understands and communicates own strengths and needs
- Seeks and responds positively to feedback

WHAT CAN THIS LOOK LIKE AT HOME?

- Encourage goal setting, and break down steps to reach goals
- Discuss emotions, reactions, and coping strategies
- Promote not giving up, learning from mistakes, and asking for help
- Recognize strengths and areas to improve on